

Laser Hair Removal

What should you expect?

- You will need 3-7 treatments spaced between 1-3 months apart to achieve 60-90% permanent hair reduction
- Patient expectations
 - Thinner and less coarse hair
 - Fewer hairs
 - Lighter hairs
 - Slower re-growing hairs

Guidelines for use:

- Best candidate: Light skin, dark coarse hair
- Does not treat blond or white hair
- Patients should not pluck, or wax hair prior to treatments.
- Patients should not be tan
- No signs of active infection
- No Isotretinoin use or photosensitizing medications within past 6-12 months

Things to know:

- Discontinue Waxing and tweezing for the LHR to be effective
- Shaving, snipping and depilatories are fine, as the laser must 'see' a hair to treat it
- Visits are every 4-6 weeks, allowing for newly growing hairs to be effectively destroyed
- Arrive for your appointment 30 minutes early for complimentary numbing cream — this makes the treatment more tolerable
- Cool air is blown onto the skin during the treatment — this cools the surface of the skin while penetrating and destroying follicle
- Sun avoidance should be observed 30 days post treatment to prevent hyper and hyperpigmentation (*white or brown spots*)